Type 2 Diabetes Remission in 90 Days? Here's What Actually Works Transcript

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Introduction to Diabetes Remission

Reverse type 2 diabetes in 90 days? That sounds like clickbait. Until you read the medical definition of remission in diabetes care. That's why today I'm explaining the science of how this can actually happen.

Now if you're down with this and want to see it, type remisssion in the comments. If you want your numbers to tell a new story, not that same old story but a news story.

I'm Dr. Columbus Patisse, an interventional cardiologist and a lifestyle advocate. And listen, I take care of heart attacks and stroke every single week.

In type 2 diabetes, it's one of the biggest accelerators of both. But before we dig into what happens with patients, i want to make this personal. My dad had diabetes as long as I can remember.

One of my earliest memories. He eventually died from the complications. I still wonder to this day, what if my doctor or his doctor told him about nutrition and the power or better yet, would if his son, I mean, me had been taught early how powerful food could be.

That's why I'm here. Why I teach what I've learned because I don't want your story ending like my dad's, especially if it doesn't have to. This is my penance.

My makeup for what did know before. But before we start down this journey, quick safety check. I am a big believer in shared decision making. You need to talk with your doctor and let them know that you're going down a new path of treatment called lifestyle medicine and with nutrition.

Personal Motivation and Safety Check

Because guess what? Food is medicine, and it's powerful. So check in with. Now let's define what we're actually kind of digging into today. What we were talking about.

When people say reverse diabetes, what they usually mean is put it into remission. Now, if you say reversal, most doctors start getting twitchy about the word reversal.

They don't like it because it can sound like a forever cure. That's why we use remission for cancer. And so there's a consensus report in Diabetes Care that defines remition like this.

This is a hemoglobin A1c below 6.5% for at least three months without glucose lowering medications. Not magic, not a cure, a powerful reset. if you maintain what created.

Now, I know you might be thinking, all right, doc, listen, show me something real. I mean, what's the real deal? How do we get to this? Well, if we look at a randomized trial published in Diabetologia, an intensive lifestyle program produced roughly a 2% drop in hemoglobin A1c by 12 weeks.

And many of the participants in this trial, they were able to reduce their medications. That's not a blog, that's a social media influencer. This is a peer-reviewed randomized trial showing rapid change inside a 90-day window.

So it is possible. The question is, how do we do it? Well, before we get into the how, we have to understand the what. What causes diabetes? Most people think diabetes is caused by sugar.

You'll hear, I got a little touch of the sugar, my sugar's little high. But high blood sugar is the symptom. Now, the root cause, root issue, it's insulin resistance.

And so here's the easiest way to begin to understand that. Insulin, its the key, right? Your muscle cells, they're the lock.

Defining Remission and Early Evidence

Now the blood sugar or the glucose, is trying to get inside to be used as fuel. But in insulin resistant, that key won't turn. The lock is damaged. Now, why?

Well, one of the major explanations for why this function occurs is because of fat inside the muscle cell, what researchers call intramyocellular lipid.

These are tiny droplets of that interfere with insulin signaling. So glucose or sugar, it stays in your bloodstream causing habit. That's why nutrition strategies that reduce saturated fat exposure and increase simultaneously fiber whole foods, they improve insulin sensitivity fast.

All right, quick check in, because I want this to be practical for real life. What's your number one barrier right now that's keeping you from better blood sugar control?

Is it your cravings? is it time? It is stress. Is that your social network? I mean, your family and friends. Let me know. Drop it down below. All Right.

Here's where people get things confused. In my clinic, in the community, people oftentimes will tell me, Doc, listen, keto lowered my blood sugar. Yeah, you're right.

Ketogenic diet can lower your glucose numbers because guess what? You're not eating carbohydrates. So you are reducing the immediate glucose load. But here's the nuance that many people forget.

That may control the symptom without necessarily fixing the underlying cause, insulin resistance, which is the cause for everyone. especially if saturated fat goes way up.

And here's the cleanest test to understand the difference. If a diet works, but the moment you eat a banana, an apple, and orange, some pomegranate seeds, your glucose goes crazy, that's telling you your tolerance isn't fixed.

The platform low saturated-fat approach, it aims for something different called metabolic flexibility. This is the ability to handle real whole food carbohydrates without your glucose going to the moon.

So I mean, if we zoom out beyond just one trial and we look at an overview of multiple trials called meta-analyses, there was one in 2025 in nutrition reviews.

Insulin Resistance and the Root Cause

It found that vegetarian or vegan dietary patterns in type two diabetics, it reduced A1C by 0.36% on average, with stronger effects when the interventions lasted more than 12 weeks.

In other words, the longer the better. Now there was another one in the American Journal of Lifestyle Medicine. This was a case series of plant predominant low fat, high fiber intervention.

They found that over 37% of individuals achieve remission with an average A1C dropping 1.3%. This complemented the Adventist Health Study, which was published in Nutrition, Metabolism and Cardiovascular Diseases.

that vegan dietary patterns were associated with substantially lower odds of developing diabetes, even after adjusting for VMI. Now we recognize that weight loss often times corresponds with a reduction in terms of blood sugar, but this one was even when we adjusted for it.

So that 90 day idea, it's not random. It's tied to how remission is defined and how fast your actual physiology can change, can shift when your inputs change, your body wants to heal.

Now, before we go further, here's what we need to know about heart-related risk and why this is so important to me. What we know is we that diabetes, it raises your heart attack risk two to four fold.

This was reported in Journal of American Medical Association. We also know every 1% rise in A1C, is linked to 19% higher heart attacks risk. And this was report in Diabetologia.

So yes, when you A 1C goes down, meds go down. Ways goes because this all about stinging out the cath lab. Now, what does this look like in real food terms?

We always want to know what real life is like. Well, the studies may say plant-based, but they don't mean vegan junk food. I'll never forget when my kids were growing up, they would always tell me, listen, Dad, Oreo cookies are vegan.

Diet Patterns, Trials, and Metabolic Flexibility

Sodas are a vegan, chips are vegans. Why can't we have them? Well, that's not intervention. In this, it's about whole food, plant-based dietary eating pattern, rich in fruits and vegetables and whole grains, beans, legumes and nuts and seeds with a strong emphasis on the power of fiber, right?

That vitamin F, That's important in minimizing saturated fat. So here's the mindset shift that really helps people stick with it. This isn't only about what you're subtracting, what your removing from your diet.

this is actually about which are adding to your plate. I'll never forget I had a patient and I told her just that I said, listen, I need you to focus on what you're adding to your plate, not so much what your removing.

Let's set that as your intention. I never figured when she came back, she said doc, i'm doing much better. I feel better I say, why? She said because I did what he said. Focus on when I'm adding my plate and my numbers have improved.

That I have more fiber, more volume, more micronutrients and i am more satisfied. She had more satiety. So the biology, it starts with changing without that white knuckle hunger.

So in real life, examples can look like overnight oats with berries and flax. Maybe a lentil salad or bean chili or a lintel stew. Big veggie bowl with tofu and legumes.

There are so many structured protocols that also will minimize oils early on because guess what? Oils are concentrated fat. You know this. 120 calories per tablespoon.

And if the goal is to improve insulin sensitivity, then we want to make sure we improve signaling efficiency. Now let's talk about what nobody really begins to tell you.

The real part that makes it sustainable. So many diets fail because it feels like deprivation. I can't have this. Can't that. Pizza or cookies. But cravings can actually change.

They can shift. After weeks away from a hyper salty, hyper fatty foods, your taste buds recalibrate, that apple starts tasting sweeter, the potato tastes richer.

That's something that in science we call neuro adaptation. that means you're not condemned to willpower forever. It means that your preferences can actually begin to shift.

So let me walk you through why 90 days can be such a powerful window.

Heart Risk, Whole-Food Plant-Based Eating, and Practical Meals

By week one, it can feel a bit chaotic as you start. I think change always does, but sometimes it could be miraculous. Your glucose can drop fast and if you are on Insulin, this is where safety matters most because the food is changing the need for medication.

By week four or five, many people see meaningful weight change and a bigger shift in insulin sensitivity. That meaning that the gum starts clearing from the lock in.

And by month three, 90 days, your red blood cells have turned over enough that your A1C reflects a new reality. That's why this isn't judge it in seven days.

This is give your body, give you biology time to respond, right? We have to give our bodies time respond. We want to heal. One more piece that helps people stay consistent.

It's that feedback loop. How you feel when you eat certain things. If you eat ultra processed, greasy food and you feel sluggish, upset, and then you track your glucose monitor, whether it's a continuous glucose, monitor or blood sugar, you see it rise and elevate.

But when you either high fiber meal, a whole foods and rich, You feel steadier, or you'd feel calmer, Or you'll feel better. And your numbers reflect that?

That's not judgment, that's data. Your glucose monitors is not your enemy. It's your coach. We have to inspect what we expect. So I know patients oftentimes will ask me when they hear this information, they're like, Doc, does this mean everyone can go drug for 90 days?

The answer is no. I'm not a snake oil salesman. It depends so much on your beta cell reserve, which are the insulin making capacity of your pancreas. The longer the duration of your diabetes, or if you have type one, that means that the more beta cell burnout or the inefficiency of you beta cells.

Why 90 Days Works and What to Expect

But here's the win that still matters. Even when remission doesn't happen, improvements in A1C, your weight, inflammation markers, and medication intensity, it can dramatically reduce your complication risk.

So, you know, there is no reason not to do it. And you might say, well, why aren't more people doing it? Because in all honesty, It takes 30 seconds to prescribe a medication.

Not that meds are bad, it's about lowering that risk, but it takes so much more time, education, support, to change a food environment that's designed to keep you hooked.

But I'll tell you what, the physiology doesn't care about the hassles of the healthcare workflow, or the challenges that are there. Your body responds to inputs fast.

And honestly, this is one of most empowering truths in medicine, because it take the power out of pH pharmacy, and it puts it back in the FA pharmacy.

Other words, known as the kitchen. And so this is where I come back to my dad. I'll tell you what, if he had a doctor who actually sat him down and said, listen, Columbus, that was my Dad's name too, nutrition is not optimal, it's treatment.

Or even better yet, If he has a son who had learned enough in medical school to help him build that new normal before the complications piled up, he would likely still be here.

And that's why I'm educating. That's what I am studying. Because somebody needs to say it plainly.

Limits, Encouragement, and Closing Call to Action

Their diagnosis, your diagnosis is not your destiny. It's just a turning point. Alright, if you want this blueprint overview of this, of what i've talked about today, just comment blueprint down below and follow the links so you can get your copy.

And remember this. Your body wants to heal. You just have to stop blocking the door. If you wanna go fast, go alone. If you want to go far, go together.

Let's go Far Together, building healthier hearts, stronger communities, and lower blood sugars. So like it, share it. Send it! Save a life. I'll see you in 90 days with a report on how well you're doing.